

## Crisis in Ukraine hits home

By Tatenda Chikukwa  
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On March 4, Ken Krawetz, the Saskatchewan Party finance minister, announced the party had donated \$60,000 in humanitarian aid to the Ukrainian Assistance Account. This comes after a special meeting with the Saskatchewan-Ukrainian Advisory Committee in Saskatoon.

In a statement to the media, Krawetz said he recognized the hard work of the Ukrainian-Canadian community and the Ukrainian Canadian Congress in their continuing fight for a democratic homeland.

After months of protests against former Ukrainian President Viktor Yanukovich, who wants to form greater trade ties with Moscow instead of the European Union, tension has once again risen due to Russia's deployment of troops to the historically disputed and strategic region of Crimea. Ukrainian opposition leaders see this as an act of aggression.

Russian President Vladimir Putin has called the Ukrainian ousting of the former president unconstitutional and says he will use military force to protect Russians in Ukraine. This action has caused major international concern from not only political leaders but relatives of people living in Ukraine.

University of Regina science student Valentine Akulova knows too well about the plight of Ukrainian citizens. Born and raised in Kiev until the age of 18, she and her family decided to immigrate to Canada in 2010. Her teacher parents came to Canada for better jobs and opportunities for their children.

Valentine visited friends and family in Ukraine last December when protests were not so violent. She is glad the Saskatchewan Government is sending aid to Ukraine but is concerned about the abuse of aid.

"I think if the money gets in good hands that's awesome but, if not, they will just get stolen again," said Akulova.

When asked about Crimea, Akulova remembered it fondly as her annual childhood vacation destination. She said it's scary to have so many Russian troops in Crimea but she did not think there would be violence because the international



Ukrainian student Valentine Akulova cosies up to a book in the John Archer Library. Photo by Tatenda Chikukwa

community responded quickly to Russian actions.

Akulova said she was confident that the situation will be resolved soon but her step-mother insists there will be a war, and some of her friends in Ukraine are scared and say many young men are joining the

army to defend their country.

Akulova said she won't be going back to Ukraine any time soon. She said the new prime minister and opposition leaders must stop being so self concerned about personal gains.

"There is no leader in Ukraine to

actually do something right now," said Akulova.

U of R political science professor Martin Hewson said the Saskatchewan government's humanitarian aid is a symbol or gesture of sympathy and concern for people in Ukraine. *Continued on page 9*

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years  
later

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Fresh out  
of fresh  
food

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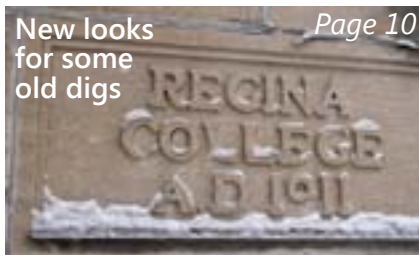


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New looks  
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old digs

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# Young professionals weigh the value of unpaid internships

Evan Radford  
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After earning a film degree from the University of Regina, Jung Seok Seo was anxious to bust into the industry. He moved to Toronto in 2009 and took an unpaid internship in post-production at an ad agency.

He aspired to become an editor but, as he says, instead felt like an “office slave.”

The Ontario-based lobby group Canadian Intern Association formed in 2012 because of the growing acceptance of unpaid internships across Canada. Comprised of current and recent university students, the group advocates for paid internships across Canada.

In Saskatchewan, unpaid internships are built into the curriculum of the U of R’s education program.

Soren Nostbakken is a graduate of the program, interning in the fall of 2008 for four months.

The Saskatoon-based high school teacher regards the internship as invaluable to his current work, teaching history and urban planning at Bedford Road Collegiate.



CBC’s Jordan Jackle completed two paid internships while earning his journalism degree at the U of R. Photo by Evan Radford

But he still regards not getting paid while on internship as the one downside to the program.

“That was a tough pill for me to swallow. I thought, ‘Here I am, working for free, but also paying tuition that would normally cover instructor fees.’ So I wasn’t quite sure, and there was really no explanation as to why we were still required to pay that extra tuition for school,” he said.

“Not that I was really resentful. But now that I’m paying off my student loans, it would have been nice to have a reprieve for at least a semester.”

One of Regina’s popular TV personalities speaks to the importance of paid internships.

Molly Thomas graduated from the U of R’s journalism program, completing two separate four-month, paid internships.

Thomas hosts CTV’s daily Morning Live show. “Even though the amount earned is not a lot, it’s a helping hand,” she said. More importantly, “that money tells the students that you value their work. That you consider them part of the team. I don’t want to go to an internship where I’m just taking coffee to the anchors. I could have probably done that in high school.”

Thomas said this affirmation helped her decide to return to CTV to take the full-time host position.

Pamela Adames graduated from the U of R’s education program in Dec. 2013.

Currently on contract with the Prairie Valley School Division, Adames agrees with Nostbakken: not receiving pay while an intern was the hardest part of the experience, even though her internship led directly to her current job.

“When you have to pay full tuition for five classes, on top of not getting paid for four months, it really is hard on your bank account,” Adames said.

The response she received from education faculty when voicing those concerns was equally discouraging.

“When it came to (paying) tuition, I didn’t understand why we had to pay full tuition,” she said. Education faculty told Adames tuition covered faculty advisors, whose main role is to observe the intern three or four times while on internship.

“I said, ‘I understand their wages have to come from somewhere. But how can that be full tuition? My tuition is close to \$3,000.’ Their response basically was, ‘Just don’t ask any questions.’

“I wasn’t alone; we were basically told, ‘Do you want to graduate?’ Cause that’s what it comes down to; if you don’t complete internship, you don’t graduate,” she said.

Jordan Jackle is another grad from the U of R’s journalism program. He interned at the Saskatoon StarPhoenix in Saskatoon and at CTV Regina. Both were four-month paid internships.

“I imagine that if your internship didn’t pay you, you would have to rely more on student loans, and budget your money better. If that’s the case, and you have to get a second job to feed yourself, that really affects your ability to perform while on internship,” he said.

As for Seo, now a full-time control room operator with a T.V. company, he has mixed feelings about his internship. He quit the position because he knew a full-time job would never be available and his finances were taking a hit. But, he said, “I got good references from the producers and editors at the company. And I was hired to my current job with a good reference from one of the editors.”

# Syria: a revolution forgotten



Although Syria might be a world away, Canadians of Syrian descent say the revolution that has all but destroyed the country is never far off. Photo by Eman Bare

Eman Bare  
@emaneuellabare

As the world watches protests unfold in Venezuela and Ukraine, the revolution in Syria is all but forgotten.

That’s how one Canadian woman feels, after following news reports on the actions of countries in response to events in Venezuela and Ukraine.

Sanaa (whose name has been changed to protect her identity) is a Canadian of Syrian descent who says that Syria is being pushed to the side even though the situation is escalating.

“Ukraine is more on the radar for people, and North America is tied very closely to the Ukraine - if it’s not their homeland, then it’s somewhere they would consider visiting a lot more (than Syria),” said Sanaa.

In early March, after Russian intervention in Ukraine, Canada, the United States, Italy, Japan and Germany have all agreed to boycott the G8 Summit to be held in Sochi, Russia in June.

Russia is also believed to have played a role in the current situation in Syria, by arming Bashar Al Assad, the current president, and his regime with weapons. There has been no boycott of Russia in respect to Syria.

On March 4, the Saskatchewan government announced that it would be donating \$60,000 in humanitarian aid to Ukraine.

Although organizations within Saskatchewan have donated to Syria over the past three years, there is no mention of the Saskatchewan government providing Syria

with humanitarian aid.

In 2013, after two years of civil war, the Canadian government assisted in the immigration of only nine Syrian refugees.

Additionally, the federal government has committed to donating \$203.5 million to Syria since 2012 but, with no end in sight, action is needed more than aid.

Sanaa said that the war in Syria has been going on for so long, and that people are beginning to lose interest in the situation as newer revolutions in Ukraine and Venezuela begin to unfold.

The last time she was in Syria was

***“All of the younger members of the family haven’t been in school consistently for almost three years now. You have to try and continue a life because you don’t know when it’s going to end, but then you still live in fear.” - Sanaa***

three months before the war started. At the time, everything was peaceful - or so she thought.

“Nobody says anything back home. When it comes to politics, I learned at a very young age that it’s not a joke in the Middle East. My parents really tore a strip off of me for defacing a postcard with the picture of the then current president when I was 13. They made me rip it up, put it in a bowl in the kitchen and if this was found even in the trash, they would take your

family in the night and execute them all and you would be left alone. That is their tactic. I have never once discussed politics with my family.”

Sanaa explains that although there is a general dislike for Assad in Syria, particularly among the Sunni population, most businesses and homes place pictures of him or his father, the country’s former leader, on their windows.

“One of my family members had a business where there was a large billboard of the former president on the side. And I guess that in the night someone had pulled the corner of this billboard, ripping it. The next day, all hell broke loose. (Government representatives) were interviewing everybody in a four-mile radius because it was seen as some bigger gesture against the government. For all you know, the wind could have ripped it.”

For a country that made political discussion a taboo, the peaceful protests that began three years ago explain the risks people were willing to take to bring change to their country.

The government met the peaceful protests that began with the Arab Spring with chemical weapons, bombs, and a nightmare Sanaa said she could have never imagined for her home country.

Imagery coming out of Syria shows pictures of children with missing limbs, deformations and civilians that have been attacked by chemicals.

“The common-sense test says he is responsible for this. He should be held to account,” said U.S. White House Chief of

Staff Denis McDonough, in an interview with the CBC.

Sanaa said that at this point, those fighting for democracy are not any better than Assad and his army.

“I’ve been confronted with this question a lot: ‘Who do you side with?’ Of course, I don’t side with Assad’s army, but then they point out that the rebels have done some atrocious things as well. Then, you end up with the rebels who really just want things to change for their children, and the rebels that want to get back at the army by doing equally as barbaric things. It started as a revolution, but it’s undeniable that it’s a civil war now.”

In countries that have been torn apart by civil war, such as Somalia, the long-term social effects of the conflict can be devastating.

“All of the younger members of the family haven’t been in school consistently for almost three years now. You have to try and continue a life because you don’t know when it’s going to end, but then you still live in fear,” said Sanaa. “The children don’t want to go (to school) because Assad has not ruled out schools has non-threatening. He has dropped barrel bombs on kindergarten classes.”

For Syria, the lasting effects of the war will inevitably be seen in the country’s younger population. As children spend their years growing up in violence and are being robbed of their education, they are paying the highest price.

University of Regina  
School of Journalism





# School name poses questions



Janine Windolph attended both Balfour Collegiate and Bedford Road Collegiate in the 1990s. Photo by Jeanelle Mandes

## Jeanelle Mandes

The school board for Bedford Road Collegiate in Saskatoon passed a motion to change the school’s sports team name and logo on March 4, 2014.

Saskatoon Public School Board chair Ray Morrison voted in favour of changing the name, the Redmen, and the logo, a picture of a braided First Nations warrior with feathers in his hair.

“As a board we thought long and hard. In my view, based on the information

gathered, we need to find a way to move forward rather than getting stuck on the past,” said Morrison.

The Bedford name and logo change raises the question of whether other schools, like Balfour Collegiate in Regina, should change its team name—also the Redmen.

Janine Windolph, a First Nations woman originally from La Ronge now living in Regina, attended Bedford Road and Balfour Collegiate back in the 1990s.

“The pressure will be there to change the name, especially as First Nations people get more educated you will start to see those kinds of changes,” said Windolph.

Windolph said this isn’t the first time this issue has come up. When she attended Bedford Road, she actually participated in rallies to save their high school sports name and logo. She said it was more than only a name, to her it had a deeper meaning.

“It is a team spirit, when you’re cheer-

ing ‘Redmen Redmen...’ you don’t think they’re being racist at the time, you’re actually thinking ‘go team,’” said Windolph.

This topic has been an issue for many years for Saskatoon’s high school. Windolph said she remembers being approached by reporters asking her if she was offended by the school sports name.

“At the time I wasn’t offended. (They) had the assumption we were all feeling oppressed racism when we weren’t feeling nothing at the time. (The media responded) that’s an oppressive name and we should feel oppressed,” said Windolph.

Windolph said there will likely be a ripple effect to change the team name for Balfour Collegiate in Regina.

Terry Lazarou, Regina Public School Board communications supervisor, said other than journalists, there hasn’t been a lot of interest in the Balfour community about their sports name.

Lazarou said if it comes down to it, they will ensure proper steps will be taken to ensure Balfour is culturally sensitive.

“The school division and the administration are working with a group of First Nations and Métis elders with the school trustees to consult on whether the ‘Redmen’ name is appropriate. (The) school administration will make a decision as to what the next steps will be,” said Lazarou.

# Education taking inclusive direction

## Caitlin Brezinski @CBjschool

A growing decline of special education programs and teachers in schools is sparking a different kind of learning.

Joanne Oszust, a language arts teacher at St. Timothy School, said that the change from a congregated to an inclusive setting is a promising one for students with learning disabilities. Beginning in 2001, special needs students were no longer being taught in their own classroom within the school, and are now regarded as mainstream students instead of special needs students. However, they are still taken out for core subjects such as math and English, which Oszust thinks is positive.

“Depending on what it is they need, we try to arrange a place for them to learn it, whether that be in the mainstream setting with an instructional assistant support or whether they do it independently or some adaptations can be made. In other words, it’s trying to help each student reach their full potential and be as independent as possible,” she said.

Oszust said that although there has been positive feedback from parents on program changes, there are still issues since there aren’t enough teachers qualified to teach special education. The inclusion program involved shifting the responsibility from education assistants to teachers.

Province-wide, since 2007, 79 per cent of school divisions have reduced their



The special needs program at St. Timothy elementary school has shifted to an inclusive model. Photo by Caitlin Brezinski

number of education assistants. However, between 2000-2010, an additional 712 students required intensive support.

“There seems to be more children with learning disabilities, many of them are in mainstream classrooms and it’s difficult to provide resources so that each one of them can reach their full potential,” Oszust said.

Ashley Senft, a student working towards her masters in special education, thinks that the reason for a lack of teachers for special needs students is disinterest.

“I think when people think of special education, they just think of it as dealing with kids with more problems than normal ones and they don’t want to take on the challenge of it,” she said.

More schools and programs are beginning to see a push for inclusive learning, which places students with special needs

in regular classrooms. While Senft said that it is a good idea to include students with other classes, it is important for special needs students to have their own classroom as well.

“I think it’s really good because they’re still interacting with other kids but when they come back to their classroom, they are learning more skills that will be based around their level of education and knowledge versus stuff that they may never use,” she said.

Senft likes the idea of inclusive learning but points out some possible limitations.

“Some schools don’t have a special education room and they are only in their regular classrooms. At the school I went to, the kids could never be fully included in their classrooms because they’re either so

far behind or not at the same level as the other kids,” she said.

Senft is unsure about the future of special education in schools because of the lack of qualified teachers.

“If it stays the way it is, it might be unfortunate that there aren’t the teachers that we need to do it. I would hope that the students will get the education they deserve just like every other student,” Senft said.

However, Oszust is optimistic that the inclusion model will continue to have a positive impact on students.

“My way of teaching is based on the needs of the student. I try to create a learning environment rather than a subject. That doesn’t mean that students have to learn it in a separate classroom,” she said.

# Poor literacy skills challenge adults

## Bryn Hadubiak @brynhadubiak

Despite an overall high rank in literacy on the world stage, a recent survey shows some Canadians are missing reading and writing skills essential for everyday life. For those at the bottom, the consequences can be hazardous, according to Alice Samkoe, literacy programming supervisor at Regina’s Central Library.

The survey, done by the Organization for Economic Development (OECD), uses a five level system: at Level 1, the lowest level, a person is able to single out information from brief pieces of text – reading traffic signs, for example. More complex tasks requiring critical thinking, however, such as giving a classroom lecture, are at the higher end of the system.

OECD found 17 per cent of Canadians are at or below the lowest level of literacy measured.

Imagine if your child is sick and you can’t read the label of a medicine bottle, you might give your child an adult’s dosage by mistake, putting them in jeopardy, Samkoe said.

“It’s the foundation to life. Literacy allows you to function in society. Could you imagine going to vote if you have no literacy skills?”

Tracy Laprise, a program coordinator for Adult Basic Education (ABE) at the Dumont Technical Institute, agrees.

“Just to do daily activities we need a level of competence in literacy and numeracy,” Laprise said. “Things like budgeting (for example). We all have bills to pay, groceries to buy – we all have things like that that are just part of everyday life. You have to have a basic understanding of how things work in order to be able to function effectively.”

While ABE can help adults who dropped out of school earn their Grade 12 equivalency, getting educated to improve such skills isn’t easy. Issues such as poverty can pressure a person to put working before learning, and literacy organizations aren’t well-funded, either, said Samkoe.

For children still within the K-12 system, how they develop is largely dependent on their parents, she said.

“I think the major concept that people don’t understand is they think if they teach the children in school to read and write, then they’re set for life. But what they don’t realize is if the parent doesn’t have literacy skills, the parent cannot help that child at home.”

How educated a parent is can affect how much a child learns to value education, and without that sense of value, it can put a child at a huge disadvantage, Samkoe said.

“By reading to children, and talking especially, you increase their vocabulary, so that they’re capable of deeper thinking and better communication.”



The Dumont Technical Institute offers Adult Basic Education to help people learn the skills they need to survive in society. Photo by Bryn Hadubiak

Laprise said the biggest individual struggle for adult learners is the years they’ve been away from school. Time spent learning how to cope in society can foster bad habits that take time to “unteach,” she said. Bad memories from dropping out can also be an obstacle.

“We don’t ever want to repeat any negative feelings students had when they were in the K-12 system. Obviously, school didn’t work for them, for whatever reason. So, we’re trying to achieve the same goals as the K-12 system without repeating any of those negative feelings.”

Laprise said she also would like to see

a greater focus on parenting skills, but would like to see more “counsellor-type people” to help former dropouts move on.

“When somebody was in school, at whatever age, and they dropped out – something happened in their lives, and I wish that we could help people go back to whatever happened and get through it,” she said.

“I think in society overall we tend to focus on our failures and let it define us instead of saying ‘Okay, I can move past that. Something happened, but I can be successful now.’”

# Renting land and slaying dragons

## Taryn Riemer @riemer\_42

As the agriculture industry is becoming more advanced in technology, so is the way farmers can rent land.

A website called rentthisland.com was launched last February by two brothers and their wives.

Kevin, Shannon, Andrew and Brittany Veurink from Ontario have come up with an idea to make renting land easier for farmers.

Shannon Veurink said her husband Kevin came up with the idea as a result of his and his brother’s struggles renting land and hearing about other farmers’ hassles.

From that the website was born.

The website allows land owners and farmers to connect online.

Land owners can register with the site and then put up an ad for their land, with the size, location and special requirements listed.

The site has three categories: pasture, grain, or other. Shannon Veurink said that the ‘other’ category leaves options for the future in case people need vacant lots for something other than agriculture.

Farmers can also register with the site and check off criteria they are looking for

such as how many kilometres they’re willing to travel to the land.

The website notifies farmers via e-mail if there’s a match.

The farmer can then ask the owner questions and their conversation is posted on the website.

If a farmer is interested he can place an offer. The land owner receives all the offers at the end of the allotted time and can decide from there.

Brenda McMath owns land in Ramara, Ont. and had success finding a farmer for her land with the website.

“We were thrilled with the whole concept of what it’s doing because it’s putting together people that normally would never be able to connect with each other,” said McMath.

McMath’s ad stated she didn’t want Monsanto seed or pesticides or herbicides used on the land.

McMath wasn’t sure if she would find anybody but things worked out.

“We found the farmer, we got the price we wanted and we’re thrilled. Everybody wins,” said McMath.

McMath said there is a real draw to this website in Ontario because land prices are rising and buying land isn’t an easy option for people.



A new website called rentthisland.com gives Canadian landowners and farmers a new way to connect and make profits. Photo by Taryn Riemer

As for here in Saskatchewan, Veurink said they are still working at getting the word out.

The company was at the Farm Progress Show in June in Regina and they are thinking about coming back again since Saskatchewan is a huge potential market.

The Veurinks expect a publicity boost after their idea appeared on Dragon’s Den on March 5, 2014.

Veurink said they filmed the episode in April of 2013, so it has been a long time coming.

“We were really looking at the feed-

back from the Dragons, too, and hoping to be able to show them and to show Canada that there is a real market for this and that our website really works that middle ground of what’s going to give the most value to the farmers and the landowners,” said Veurink.

The Veurinks went into the Den with looking for \$40,000 for a 20 per cent stake in their company.

Arlene Dickinson and Bruce Croxon went in together on the deal for exactly what the Veurinks asked.



# FN four-peats at science fair

Adam Gamble  
@GambleAdam

Two students from Carry the Kettle First Nation, located about 100 kilometres east of Regina, took home first prize at the Saskatchewan First Nations Science Fair March 10 to 11 in Saskatoon.

They made up one of two teams of two that competed in the senior division, which is for Grade 10 to 12 students.

Their win marks the First Nation’s fourth consecutive year of placing first in the division.

Adrianna Simon and Tianna Cappo, Grade 11 and 12 students, entered a project that visualizes osmosis by placing eggs in jars with five different solutions: vinegar, air, hypertonic, hypotonic and isotonic.

“I was really hoping we would win and we did,” said Simon, who has been competing at the event for the last two years.

“The judges were really amazed by our experiment. They also complemented us on our politeness and how we introduced ourselves and our experiment.”

For placing first, Simon and Cappo received free passes to the Saskatchewan Science Centre and Kramer IMAX Theatre in Regina for a year.

The event, which is put on by the Federation of Saskatchewan Indian Nations, began in 2009. It draws students Grades 6

to 12 from First Nations across Saskatchewan to compete in four categories: 1) life science, 2) physical science, 3) earth and space science and 4) traditional knowledge. There is also a junior division, which is for students Grades 6 to 7, and an intermediate division, which is for students Grades 8 to 9.

“It has helped me in my science classes at school,” said Simon. “Now, I want to become a pharmacist, and learn about . . . drugs and how they go through your body – what happens to them.”

It would be such an accomplishment to help my school win for the fifth consecutive year next year, she said.

Simon’s classmates, Chelsea Jack and Mecate Smoke, entered an experiment that identifies carbohydrates.

“Due to excitement because we were winning, students in Grade 8 and Grade 9 - all grades - want to participate,” said Azam Ali, the Grade 10 to 12 science and math teacher at the Nakoda Oyate Education Centre on the First Nation.

Students at the school began working on their entries at the beginning of January.

“Unfortunately, the science fair has a limit of two entries per First Nation. So, we can only choose a total of four students; two for each entry,” said Ali.

Students are chosen based on academic excellence, oratory skills and delivery of

knowledge, he said.

Ali has been helping guide students to first place at the science fair since 2011, Carry the Kettle’s first year of competing.

Garry Sibley, science and math consultant at the FSIN, has been organizing the event for four out of its six years. First Nations students don’t have an opportunity like this anywhere else in the province, said Sibley.

In addition to sharing their knowledge



Adrianna Simon, sitting, and classmates, from Carry the Kettle First Nation, competed at the First Nations Science Fair March 10 to 11 in Saskatoon. Photo by Linda Blaser-Fidler

of Western science, First Nations students have the chance to exemplify their ways of knowing, he said.

The event is one of five similar province-wide science fairs in Canada.

“You can’t just pick up a book that says ‘traditional knowledge.’ Students have to have elders involved from their community,” Sibley said.

This year, were a total of 52 entries from 24 of Saskatchewan’s 72 First Nations. Seventeen of them were in the traditional knowledge category. Examples included drum-making, tanning hides and traditional colours.

The entries came from as far north as Clearwater River Dene Nation near La Loche.

Entries in the traditional knowledge category are judged differently than the three, Western science-based categories. For instance, students and their projects must convey things like a sense of journey and a benefit to their community.

First, second and third place-winners are selected from each division in each category. The prizes awarded to them ranged from an e-reader in the junior division, to a laptop in the senior division.

The ultimate prize of an all expenses paid trip to the Canada-Wide Science Fair in Windsor, Ont. in May was awarded to two winners.

# Saskatchewan waistlines growing

Brady Knight  
@BradyKnight1

One in five Canadians will be obese in just five year’s time. That is the prediction of a new study published in the Canadian Medical Association Journal on Monday. The study also showed 18.3 per cent of Canadians were obese in 2011, more than triple the rate in the mid-eighties.

Dr. Susan Whiting isn’t surprised by the numbers. The professor of nutrition and dietetics at the University of Saskatchewan said the simple combination of poor eating habits and low amounts of physical activity are to blame.

The study predicts five provinces – Newfoundland and Labrador, Nova Scotia, New Brunswick, Manitoba and Saskatchewan – will have more overweight than normal-weight adults by 2019. Whiting said there are a couple reasons Saskatchewan is on that list.

“I think it’s our rural population,” she said, noting there have been a number of studies showing higher obesity rates in rural areas. “(It could be) the change in the nature of farming and maybe a reliance on automobiles in rural areas that we might not have seen before.”

Whiting adds while many people rely on rapid transit in metropolitan areas, they usually still need to walk some distance.

Roseann Nasser, a research dieti-



Roseann Nasser, a research dietitian with the Regina Qu’Appelle Health Region, said Saskatchewan’s long, cold winters also play a role.

“If you choose to be physically active during the winter you can be. There are so many wonderful and great activities – from cross-country skiing to walking your dog outside,” she said.

“You can go swimming in the winter, you can go to an inside track and walk – it’s just getting that motivation.”

Nasser adds 43 per cent of Canadians do not regularly prepare balanced meals for themselves or their families, which also contributes to higher obesity rates.

“We’re working longer at work, and

we’re not planning to make meals,” she said.

While nobody is disputing the numbers, Whiting believes there are some overlooked factors in the study.

“It doesn’t take into account the fact that we’re aging,” she said. “There is kind of a feeling that older adults can gain more weight and move into that overweight category and it’s not as harmful as it is in the younger group.”

She adds the study relied on Statistics Canada surveys that used self-reported data, meaning participants were not weighed or measured. Whiting said women tend to under-report their weight, while

men usually over-report their height.

“If anything this would be an argument that these results are not as bad as they could be.”

Nonetheless, these numbers are expected to place an additional burden on Canada’s health care system. As the study notes, obesity can lead to an increased risk of type 2 diabetes, hypertension, sleep apnea, cancer and other chronic diseases.

According to Saskatchewan’s Patient First Review, published in 2009, the provincial economic impact of chronic diseases will lead to at least \$1.9 billion per year in direct healthcare costs and \$2.5 billion per year in indirect costs associated with the loss of productivity and income.

“I think (the study is saying) we’ve been aware of (the problem) for probably 10 years and anything we’ve done in the last 10 years hasn’t helped,” said Whiting. “So we have to really rethink it – we have to do a better job of figuring out what we can do.”

Nasser said as a society, we have become more sedentary than we used to be, relying evermore on our cars, cell phones and computers.

“We want to be going back, implementing physical activity in schools,” she said. “It has to be a whole society and family kind of approach – turn that TV off, turn the computer off – you need to get out there and be active.”

# Regina crazy with cats

Samanda Brace  
@BraceSamanda

Sandra Klarer loves cats, but she’s not crazy.

Klarer and roughly a hundred volunteers with People for Animals of Saskatchewan (PFA) are trying to tackle what she calls Regina’s cat over-population crisis. No one really knows how many cats roam the streets of Regina. It is estimated that there are anywhere from a few thousand to as many as 25,000.

PFA is a non-profit that rescues stray and abandoned cats and kittens in Regina and also maintains the city’s 30 feral and semi-feral cat colonies, mostly located in North Central.

The charity has been helping strays since 1983 and became a registered charity in 2009, right around the time Klarer became a volunteer.

“You can’t find a home for a feral cat. Managing the colonies is the best you can do for them,” said Klarer. “It’s not an easy life, but it’s not a horrible life (for the cats).”

Every day about 150 cats are fed by volunteers and, weather permitting, volunteers use the practice of trap-neuter-release (TNR) to sterilize the cats. TNR is the process of trapping the cats and taking them to a vet to be neutered or spayed. They are then tattooed and registered to People for Animals. This helps stabilize the

cat population and allows for it to decrease over time.

One of the oldest colonies has already successfully managed to maintain a stable population. One of the cats at this colony is 15 years old and has three legs, hence the name Tripod.

Klarer said most of the cats found are abandoned by pet owners and left to survive on the streets.

“(The) crisis is a totally man-made problem due to irresponsible pet ownership and I don’t like seeing animals suffer,” said Klarer.

If the animals are tame enough they are put up for adoption and placed in foster homes. Klarer has a total of eight cats living in her house, three of her own and five foster cats.

Some of the animals rescued have been abused, like Lizzie, one of Klarer’s foster cats. Last year, 330 cats were successfully adopted.

PFA is not the only option for feral cats. Three years ago, the Regina Humane Society created the barn buddies program for cats that are declared unadoptable.

“If a cat is perfectly healthy, but can’t use the litter box, is feral or semi-feral, or the kind of cat you can’t pick up and carry around the house because it will lash out at you, it’s unfair to euthanize for that,” said Don Simons, manager of communications for the Regina Humane Society.

Instead of being euthanized, the cats are spayed or neutered, placed with a microchip, tattooed and adopted for no charge, said Simons.

Adopters must provide a heated shelter, food and bring the cat to the vet if ill.

“It’s the same as an adoption but for the cat that can’t go into regular home and needs the unstructured life of a warehouse or acreage,” said Simons. Forty-nine cats became barn buddies last year.

Not all people are as caring towards the stray cats in Regina. Klarer says some people complain about the cats, saying they should be euthanized.



Sandra Klarer, feral cat lead with People for Animals of Saskatchewan, takes care of a feral and semi-feral cat colony. Photo by Samanda Brace

“Those cats were there before we got there and even if we leave, those cats will be there, more cats will move in, if there’s a dumpster or abandoned building they can shelter in . . . catch and kill doesn’t work. The most effective way is the TNR program. The behaviors that come along with mating are curtailed and so is the spread of disease,” said Klarer.

People for Animals of Saskatchewan is currently looking for volunteers. Information about registration can be found on their website at pfaskask.com.

Jeremy Simes  
@jeremysimes

We’re told an apple a day keeps the doctor away, yet getting fresh produce at a reasonable price in Regina’s North Central neighbourhood isn’t a quick fix.

Helmi Scott, resident of North Central, said there aren’t any supermarkets in the area. In fact, North Central is among 76 per cent of Regina’s neighbourhoods that don’t have a supermarket within 750 metres walking distance, stated Sask Trends Monitor’s June 2012 report.



There are no supermarkets in North Central Regina, which is why Stephen McDavid and Helmi Scott are happy to spend \$2 for soup and bannock at the Indian Metis Christian Fellowship. Photo by Jeremy Simes

# Finding fresh food in a food desert

The Regina Community Food Systems Steering Committee released an environmental scan of Regina’s food systems and gaps. The January 2014 report found that food security is a key aspect to social determinants of health. It stated food store proximity is important because citizens may be forced to spend scarce dollars on transit, taxis and convenience stores.

Scott is one of those citizens who takes public transit to various grocers near the neighbourhood. But public transit isn’t always accessible, especially for Scott. “It’s fine if you have good legs,” she said, pointing

to her walker.

If Scott were to walk to a nearby convenience store, a head of lettuce would cost about \$1.60 compared to one that is on sale for \$1 at Superstore.

Tracy Sanden, public health nutritionist, who is a part of food security and food initiatives with the Health Region, said supermarkets generally don’t profit from such sales. “They have specials to draw people in,” she said. Sanden also said smaller store owners don’t purchase in high enough quantities for lower prices because there isn’t much demand.

Supermarkets also require a large amount of land. North Central is largely developed compared to the outskirts of the city. “It’s cheaper to build from scratch than renovate. Land in downtown areas can be high,” Sanden said.

“There’s a lot of creative options,” she added, referring to midsize grocers that offer some of the same products. For example, Ngoy Hoa Asian Foods opened recently near the neighbourhood.

Another option has been presented by REACH, a non-profit association that delivers affordable and nutritious food to communities. The association’s Good Food Box program sends boxes full of fresh produce to depots. Families can pre-purchase these boxes for about one-third of the price they would have spent at supermarkets. “It’s cheaper for us when more people

buy,” said Keith Ronyk, a representative of REACH.

REACH also created mobile stores for residents to purchase fresh food directly. The North Central Community Association store is open once a week for two hours. However, the store’s hours are still a challenge for Scott. “If you’re not there early enough, everything is gone,” she said.

Ronyk said fluctuating food prices and having a steady volunteer base can be an issue. For example, stores in senior care facilities have residents who are readily available to volunteer. The community store in North Central has “no live-in residents. It’s a little more difficult,” Ronyk said.

Income levels also create difficulties. According to the City’s 2006 census, the average family income in North Central is just under \$35,000. “Fresh food goes out quick of someone’s home. Kids can eat a bag of apples in a day,” she said. This then may lead to someone to purchase the “quick” option, especially if it’s readily available, Sanden said.

However, Sanden said these food options also reflect the environment we live in. “People don’t have time to cook and sit as a family. It’s the society we are in, not so much an individual problem. It’s access in the neighbourhood, income and a poverty problem.”



# Hunting doesn’t stop coyotes, but should coyotes be stopped?



Coyotes are a popular hunting target and a danger in the eyes of the public. Are they as big a threat as we think, though? Photo by Ethan Stein

Ethan Stein  
@EthanStein5

Coyotes are known as a lot of things: dangerous, predators, vermin and target practice. In 2009 the Saskatchewan government instituted a program which placed a \$20 bounty on the heads of every coyote in the province. The program was incredibly popular, but some hunters abused the system by killing coyotes in other provinces and claiming the Saskatchewan bounty. After two years and 71,000 dead coyotes, the program was not renewed, and the coyote problem was taken care of in the eyes of the government. Despite this, coyotes are still aggressively targeted. Last December two farmers were fined \$21,000 for hunting coyotes from a helicopter. Two months later a photo taken in a Tim Hortons drive-through of a truck bed full of dead coyotes attracted outrage on social media. Despite incidents like these, an open season remains on coyotes, and official limitations for coyote hunting remain absent. Are we right to treat coyotes as a menace in the province? Are we overreacting? How effective is coyote hunting? Mark Brigham, head of the University of Regina’s biology department, said the very act of hunting coyotes may not be as effective as we think. Hunting coyotes will

simply result in the creatures achieving maturity and reproducing at earlier ages. “They’re just very bright, careful creatures that would respond by behaving in ways that would make them very difficult to find,” said Brigham. Biology student and hunter/trapper Gabe Foley agreed “they might become more difficult to hunt or trap” but in his experience, hunting doesn’t lead to a reduction in population density. “People have been trying to get rid of coyotes around human habitations and in general for 200 years or more and it hasn’t worked in the slightest. Everything’s been tried, and none of it has worked,” said Foley. Brigham also said carnivores rarely pose a threat to humans. Brigham pointed to the low frequency of bear attacks (one to two a year) as emblematic of the unnecessary fear we attach to carnivorous animals. “Humans just shouldn’t worry about it, quite frankly. They’re not gonna carry off your children, they’re not gonna bite off your leg, they’re very shy, retiring beasts,” Brigham said. Although Brigham cautions people to protect their pets, he feels wild carnivores can and should be appreciated and observed. “We don’t get all upset if we see a magpie or great horned owl, we just enjoy

it,” he noted. So why do coyotes remain such a popular target? Brigham posits a number of reasons, one which could be deeply rooted in our psyches. “All I know is that we’ve hunted coyotes for a long, long time, ever since Europeans got here. It’s just tradition, you see a coyote, you shoot it because it might take the chicken out of your coop, it might kill your dog,” he said. **“Humans just shouldn’t worry about it, quite frankly. They’re not gonna carry off your children, they’re not gonna bite off your leg, they’re very shy, retiring beasts.” - Mark Brigham**

Brigham said the coyote hunt poses an opportunity for government and people to do something which gives the appearance of doing something helpful. Finances may also be a large driving force: a survey by the Saskatchewan Ministry of Environment found that in a period of 1998 to 2013, coyote fur was the most harvested alongside beaver and muskrat. Foley recalls an auction house in Ontario which sees potential buyers from all over. “The way that it works is that

everything taken within North America goes to an auction in Ontario. They get all this fur here and four or five times a year, buyers from all over the world convene to purchase the furs. There’s family-run businesses and people who run enormous frigate companies,” he said. Money may also affect how animals are perceived; Brigham said animals which are deemed dangerous or a pest “gets in the way of making money, or enjoying something” which leads to certain animals being labeled a threat or nuisance and targeted as a result. While Brigham has spoken out on certain elements of coyote hunting, he acknowledges the appeal others see in it. He compared it “to the Tor Hill golf course (where you) hit the ball into a lush green course and go for the putt, and there’s lots of people who think, ‘What a stupid waste of time, chasing a little white ball.’ But lots of humans think it’s a great way to spend time. It’s all value judgment.” Brigham warns that people’s unpredictability is the largest danger, and our daily activity can pose a greater threat than any carnivorous animal. Brigham added 30 to 40 Canadians die every weekend in car accidents in comparison to the one to two deaths caused by bears or sharks every year. “The most dangerous animal is us.”

# Klimchuk reflects on career changing draft



Morgan Klimchuk (above) strives to succeed every day, which rubs off on the younger players in the dressing room. Photo by Colton Hordichuk

Colton Hordichuk  
@ColtonHordichuk

Morgan Klimchuk’s journey to the pros has been filled with many accomplishments. The Regina Pats forward, who was drafted by his hometown Calgary Flames, competed in the Ivan Hlinka Memorial Tournament, and the IIHF World U18 Championship where he won a pair of gold medals with Team Canada. As well as being named the Denny’s Western Hockey League’s Player of the Week for the week ending Feb. 23. Klimchuk is currently in his fourth year with the Pats. The Blue and White’s assistant coach Josh Dixon has known Klimchuk for three out of those four years. Dixon is confident that the forward’s dedicated work ethic will allow him to take his game to the next level, and eventually crack a roster spot in the big leagues. “Whether it’s extra time at the gym or whether it’s extra time on the ice. He’s extremely committed to his offseason training throughout the summer in Calgary,” Dixon said. “Ever since he was a young boy, that’s always been his dream and he’ll do whatever it takes to get there.” After being ranked 25th overall among North American skaters by the NHL Central Scouting Bureau, Klimchuk made the trip to Newark, New Jersey to attend the NHL’s 2013 Entry Draft. The Calgary native sat down with INK to talk about his experience. INK: So, what was the draft like? MK: It was pretty crazy and pretty surreal. You know, you kind of hear about it and you see it on TV before you go there, but when I went there, the arena was full and there was a bunch of New Jersey fans just screaming. I was pretty nervous because you don’t know how it’s going to play out at all. I was sitting there and 27

picks went by and then I knew I was going to be picked by the Flames because I found out 30 seconds before the pick. So, when I heard that and I heard my name called, it was pretty special, but it was pretty nerve-racking up to that point. INK: What does it mean to you to be picked by the Flames? MK: It’s pretty special. I think to get drafted is one thing, and then to go in the first round is another thing. To go to your hometown team, a team that you grew up cheering for, and a team that you still look up to is something that is obviously a dream come true and something that I was pretty excited about. INK: And did you attend their off-season camp? MK: I went to the development camp in the summer with just the rookies and the people who haven’t played yet. I went to the main camp, but I was hurt this year so I couldn’t play. I just had to watch, but it was still a pretty good experience and something I’m thankful for. INK: What did you learn from watching the training camp?

MK: Well, just how seriously they take pro hockey and how they’re always looking to get better every single day. You know, it’s the best players in the world there and every single day they’re working real hard to get that much better. I really appreciate seeing guys like Mike Cammalieri and Mark Giordano working that hard. INK: Is your ultimate dream to play in the NHL? MK: Yeah, that’s kind of what it’s always been since I was young is just playing pro-hockey. That’s my dream. In 10 years from now, I want to either still be playing or just be retiring from a successful NHL career - knock on wood. INK: That’s the dream, hey? Ten years from now, retiring at 30 years old (laughs). MK: (Laughs) Yeah, I don’t know. It’s tough. If you’re playing in the NHL at 30, then you’re having a pretty good career. So, hopefully I get to play a bit before then.

INK: Last but not least, what’s the best piece of advice you’ve been given while growing as a hockey player? MK: The best piece of advice I’ve been given is that when you think you’re done learning, or you think you know it all - you’re finished. I think that’s one of those things that I kind of incorporate every day, and something that’s really stuck with me ever since I heard that a long time ago from a guy named Pat Elynuik. He told me that. He said that you’ve always got to be developing, and that you’ve always got to be learning because as soon as you think you know everything, you’re finished. INK: In your own words, what’s an original piece of advice you’d give to young, aspiring hockey players? MK: You’ve got to enjoy it and make sure of that every single day. You’re playing for only one reason, and that’s because you love playing. If you’re doing it for anyone else other than yourself or just out of the fact that you love going to the rink and playing the game, then it’s probably not for you.

### Q & A with Klimchuk




Photo by Keith Hershmillier

**Favourite player?**  
- Sidney Crosby.

**Favourite team?**  
- Calgary Flames.

**Favourite pre-game meal?**  
- Chicken and gluten-free pasta.

**Favourite sport other than hockey?**  
- Probably baseball.

**Favourite movie?**  
- Law Abiding Citizen

**Favourite pump up song?**  
- “305 to My City” by Drake. It’s not really a pump up song, but it keeps me loose and keeps me chill.

# Ukraine crisis

*Continued from page 1*

He said it is not uncommon for a political party to make such a gesture, but people should be aware that it will not have a great effect on the actions in Ukraine. The same is true at the national level, he said. “In practical terms the federal government is very limited in what they can do to influence what President Vladimir Putin and Russia are doing,” said Hewson. People are looking to opposition leaders for hope but many of them are not experienced politicians. Hewson points out that one of the opposition leaders, Vitali Klitschko, is a former heavy-weight boxer. Opposition party leader Arseniy Yatsenyuk was named prime minister last month and seems to be the general favorite in terms of political experience, but he will find it difficult to unite all the opposition parties because of their very different ideology, said Hewson. The opposition ranges from the moderate political parties All-Ukrainian Union “Fatherland” and Ukrainian Democratic Alliance for Reform (UDAR) to radical right-wing parties Svoboda “Freedom” and Pray Sektor. The opposition leaders made a huge mistake when they got into power by revoking a law that allowed the Russian speakers in Ukraine to use Russian. Hewson said this is a terrible mistake because it alienated Ukraine’s Russian speaking population and has provoked Russia. They have now reversed that law but the damage has been done and Russia has retaliated by sending troops to Crimea. “I very much doubt that they will be able to stay united and history tells us that because there was a revolution in Ukraine exactly 10 years ago,” said Hewson, referring to the Orange Revolution. Ukrainian immigrants have been arriving on Canada’s shores since the late 19th Century, and according to Census Canada, Ukrainians make up the ninth-largest ethnic group. Hewson is not surprised to see so much support for people in Ukraine since many Canadians can trace their ancestral heritage to Ukrainian immigrants. “The Canadian government was the first government to recognize the independence of the independent Ukraine,” he said. Hewson said going forward there may be doubts as to the cohesiveness of the opposition parties but Western governments like Canada and the U.K. must work to promote diplomatic measures and monitor the upcoming 2015 Ukrainian elections to make sure they are free, fair and proper. *Update: The Crimean parliament has called for a referendum to become part of Russia. Ukrainian Prime Minister Arseniy Yatseniuk has rejected this motion and insists the region will always be part of Ukraine.*



# Revamping College Ave Campus

Victoria Dinh  
@vicdinh

In November 2010, a project to upgrade the College Avenue Campus was announced in the University of Regina’s 2011-2012 operating budget forecast. They titled it, “Major Capital Proposal: The College Avenue Campus Revitalization,” and said it would be funded with an estimated \$67 million in federal, provincial, city and university grants, as well as donations.

Fast-forward to 2014.

The new budget is \$58 million and the proposal’s title is more subdued: “Building Knowledge – the College Avenue Campus Renewal Project.” While \$5 million in donations have been raised, the renewal is currently awaiting approval for a requested \$25 million in provincial funding. According to the 2014-2015 operating budget forecast, the university will more than match the provincial contribution. The project will also set forth to raise a total \$10 million in donations.

“I can’t comment on the reduction as to why it was scaled from \$67 million to \$58 million. I can say that the \$58 million is an estimate,” said Wanda Deschamps, associate vice president (development) of external relations at the U of R. “We have artist concepts. We don’t have architectural renderings. So, until the project is fully defined, we won’t be able to have a final number. But right now, the number we’re presenting is \$58 million.”

U of R student Lucas McWilliams remembered his frequent class trips to Darke Hall in elementary and high school.



Constructed in 1912, this lecture theatre is located on the U of R’s old College Ave. campus. With plans to refurbish the campus, this room will be left in its original condition with minor upgrades to help preserve the university’s collection of historical landmarks. Photo by Victoria Dinh.

“Nothing has changed since I was there 12 to 15 years ago. It’s ancient ... it absolutely needs to be touched up,” said McWilliams. “You don’t think that you’re suddenly going to go through the floors or something, but you definitely feel like you’re stepping back into the ‘70s.”

McWilliams took his first class on the College Avenue campus this past semester. “All of the AV equipment is run out of what looks like wooden boxes stapled to the wall. I kind of laughed when I was helping the professor set up the computer because it looked like it plugged into the old switcher that you see people in ‘50s TV shows (use) to move phone calls between offices ... it’s really, really bad,” he said.

As stated on the U of R’s website, after completion, the campus will be known as the University of Regina Leadership and Outreach Centre. The initial construction is estimated to take up to 30 months to build and renovate. This would include: 32 new renovated classrooms, a 75-seat lecture theatre, a 150-seat conservatory recital hall, a 250 to 300-seat concourse, a 550-seat performance centre at Darke Hall, an art room for 20 to 25 students, a state-of-the-art music room for master classes, a laboratory for 16 to 20 students and a teaching space for summer camp programming.

Some of these rooms will be decked out with the latest technology to be transformed into what the website described as,

“Smart Classrooms” or “Breakout Meeting Rooms.”

“Today’s learner expects fully wired classrooms, smart classrooms (and) classrooms that can conform to their needs, which are obviously at a much higher technical standard than they ever were (in the past),” said Deschamps.

But history lovers can rest assured: “The College building will basically stay the same; the footprint won’t change,” said Georgia Morgan, secretary to the director of the Centre for Continuing Education. The Centre, along with the Johnson-Shoyama Graduate School of Public Policy, is one of the U of R’s main programs that run out of the old campus.

Deschamps claims that in late 2013 the project really upped its profile within the community through TV ads, radio ads, bus shelters, bus wraps and ads in the paper.

“The community stakeholders have been really captured with the visuals ... the point was to connect people and faces with the programming pillars delivered from the College Avenue campus,” she said.

As for the funding status on the project, Deschamps said, “We’re still in conversations with the City and, in the long term, we’re looking at the federal funding option as well ... there has been an ask into two provincial budget cycles: last year’s and then an ask for this year’s. So we’ll see (what happens) after the provincial budget comes down on March 19.”

# Job search made easy

Tiffany Head  
@HeadTiffany

The job market can be fairly tough, and finding the right work environment can seem quite impossible. With employment and recruitment agencies, the job search has been made easier and quicker. Companies can be very selective on whom they hire and having an agency speak up for you can come in handy. Many people are skeptical when it comes to seeking help from an employment agency.

“In Saskatchewan a lot of people don’t know what we do, so we’re trying to raise the awareness of what an agency does. A lot of people come in thinking we’re going to charge them a fee,” said Linda Langelier, president executive and search consultant at Employment Network Canada Inc.

Employment agencies help people find permanent work when they are struggling to find jobs.

“Particularly I have a passion to help people with barriers to employment. For example, if they have problems with doing interviews but they are that match for that job, we help them move forward,” said

Langelier.

Trudy Young-Grant and husband Sheldon Grant moved their family to Regina from Toronto. The economy in Regina was getting too competitive and finding work was hard. She met people from Employment Network Canada at a career job fair and was told there were great job opportunities in Regina.

“They get to know you and find you the ideal job that fits you. We were new to the city so they also gave us information on daycare for our toddler and maps to find our way around the city,” said Young-Grant.

Employment Network Canada built a relationship with Trudy and Sheldon and found them work they enjoy when they made the leap to move to Regina.

There is much that these companies can do for you and there are many success stories, even when the odds are against you. Laurel Mattison, CEO of Hiring Hands Employment and Recruitment Services, speaks of a client who came to her for help when he had successfully battled addictions and yet had no education background.

“One of my biggest success stories is someone from that situation came to me looking for work. I found him employment with one of my clients and they eventually hired him as a foreman. So there’s always that possibility, but education is important. Stay in school,” Mattison said.

Employers are searching for specific people to employ. Kelly Services consul-

tants Cahahana Dora and Pamela Laureno explain it’s not just skills they want from employees but good work ethic, reliability, respect and punctuality. It’s all about finding the right fit for employees to their employers.

“It depends on what they are looking for and we try to match their skills with our client’s requirements,” said Dora.



Pamela Laureno and Cahahana Dora, consultants at Kelly Services, say employers look for good work ethic, reliability and respect. Photo by Tiffany Head

# Female disparity in the arts?

Robyn Tocker  
@RobynTocker

Do you see that oil painting hanging on the gallery wall? Who painted that? Picture the last live theatre performance you went to. How many women were on stage? Were any in a lead role? What about music? Go back in time to when you were little and just started to fall in love with music. Were there women artists who inspired you?

In the past, women have faced challenges getting into the arts, but that is changing.

Laura Abramsen, a fourth year theatre major at the University of Regina, said she became involved in theatre in high school when all her friends were in rehearsals. That love of acting carried on until, when she was in her first year of social work at the University of Saskatchewan, she realized she couldn’t ignore her desire for the stage any longer.

But it wasn’t always an easy path. Because Regina is such a small community compared to her hometown of Ottawa, actors are constantly up against each other, she said.

“Since there are such limited roles for the arts and acting specifically, sometimes you have to take what you get,” she said.

This reflects on the challenges women face specifically. Since males often get the lead role, they make more money than their female counterparts, who don’t often get that chance.

“Regina specifically is interesting because, with the exception of a few films (I’ve worked on), getting paid at all is a

**Very trendy, stylistic actors “have a flash in the pan but no real range in their abilities. That’s the kind of thing that wins awards.”**  
- Laura Abramsen

treat,” said Abramsen.

This isn’t to say Regina’s female actors are out of luck.

“It’s so much easier and better to work here because it’s so small. You get to know so many people ... even though we got the (film) credit taken away there are so many opportunities that tend to get downplayed,” Abramsen said.

Award shows, like the Oscars, are a common way to judge talent in the industry, but how does it impact female actors? Abramsen said she sees them as judging talent, but sometimes also a popularity contest.

Very trendy, stylistic actors “have a flash in the pan but no real range in their abilities. That’s the kind of thing that wins awards.”

Art fields like visual arts don’t have big-time award shows, but they still have their heroes.

Haley Gartner, a fourth year visual arts major specializing in oil painting, became intrigued with art through her father, who is also an oil painter.

“(Art) challenges me every day which is something that really appeals to me,” said Gartner.

For women, “it’s easier to get your voice out when you’re doing art. You reach a broader group of people.”

In terms of the U of R, Gartner said she feels both men and women artists are on equal footing.

Musician Melanie Hankewich, who goes by the stage name Belle Plaine, agrees with Gartner. She said she doesn’t feel there is a disparity or difference between male and female musicians.

“There might be parts of the industry that sexualize females and maybe shifts the importance from the talent and drive and self-management that it makes to be a musician, but for me what’s most important is the acceptance from my peers, whether



Actress Laura Abramsen settled in Regina to do what she loves: theatre. Photo by Robyn Tocker

they are male or female,” she said.

Hankewich said she has refrained from putting the gender lens on since she began her full-time music career in 2010. The community of artists she keeps to doesn’t care if the performer is male or female, so long as they are good, she noted.

“People who see (gender) as a difference, I have no interest in working with,” Hankewich said.

# Rethinking cannibalism

Amanda Symynuk  
@amanda001

Guess what, eating human flesh is a real thing. When most people think of cannibalism, they think of zombies, like the ones on AMC’s *The Walking Dead*.

Rituals around death and human consumption have long fascinated us in popular culture. It has become an increasingly popular topic in academia, too.

Beth Conklin, an anthropologist who researches cannibalism practices, will be coming to Regina from Vanderbilt University to give a public lecture on the topic.

Why a lecture on cannibalism at the University of Regina?

“We weren’t interested in bringing a lecture about cannibalism, we were interested in bringing a lecturer,” said Carlos David Londoño Sulkin, head of the department of anthropology.

Londoño Sulkin explained the department of anthropology wanted to bring somebody exciting who would foster an interest in anthropology. When they decided to invite Beth Conklin to give a lecture they told her, “Give us a talk on whichever topic you like,” Londoño Sulkin said.

Conklin is an anthropologist and associate professor at the University of Vanderbilt in Nashville, Tenn. Her areas of study include death and how death rituals are done in many different places. Also, she is the president of the Society of the



Beth Conklin speaks to students about cannibalism. Photo by Amanda Symynuk

Anthropology of Lowland South America (SALSA). She has written two books about cannibalism: *Compassionate Cannibalism* in an Amazonian Society and *Consuming Grief*.

“She’s a cutting edge scholar, always doing new research,” Londoño Sulkin said.

He is not sure what exactly she will say at the lecture and is looking forward to finding out.

“When I teach a cannibal course some

students usually do write a paper on zombies,” said Jan Purnis, is an assistant professor in English at the University of Regina who researches cannibalism.

Purnis is also looking forward to the lecture. She said she is curious to see what Conklin will say about interpretations of cannibalism practices.

Rethink Cannibalism is a public lecture. It was held March 6, 7:30p.m.-9 p.m. in Room 112 of the classroom building.

## Q&A with Beth Conklin

INK: What is cannibalism?

Beth Conklin: Fundamentally, cannibalism is about humans consuming other humans. The most basic type of cannibalism involves oral ingestion, in which bodies and bodily substances are consumed by another human. But, when you start asking, “What’s cannibalism?” it opens up all kinds of complexities.

INK: Why do you study cannibalism?

BC: It wasn’t something I set out to study. In fact, when I went to the Amazon in Brazil to begin working with Indigenous people, cannibalism was not on research agenda. I found the whole subject kind of distasteful.

INK: What do you think when people associate cannibalism with zombies?

BC: I think they are two completely different phenomena, but I think what they share is the shock value that’s open to imagination. In our society some of the fascination that’s associated with cannibalism certainly transfers.



# Billionarie's new media company to 'reimagine journalism'

Tanner Aulie  
@AnnerTaulie

To some people, when wealthy individuals get involved in the media it never turns out well. But really, the issue isn't that Conrad Black and white.

Pierre Omidyar, billionaire founder of eBay, hopes his media production company, First Look Media, will "reimagine journalism for the digital age." On Feb. 10, he launched the first of a series of non-profit magazine packages, the Intercept. Omidyar has already invested \$50 million into First Look Media and has promised a further \$200 million to come.

Omidyar, in collaboration with Glen Greenwald, one of the editors of the Intercept, are looking to change the way journalism is conducted. According to Omidyar's website, they want to create a self-sustaining multimedia journalism platform that has the power "to convert mainstream readers into engaged citizens."

In an interview with the Guardian, Greenwald said, "We want to avoid this hierarchical, top-down structure where editors are bosses and obstacles to being published ... we are trying to make it much more collaborative. Our journalists have a variety of tools to make their writing better and one of them is the editor."

"Part of the reason he thinks he can succeed with a general news product, where there is a lot of competition, is by finding the proper midpoint between voicey blogging and traditional journalism, in which the best of both are combined," Jay Rosen, professor of journalism at New York University (NYU) and advisor to First



**The Intercept is the first of several nonprofit online magazines billionaire eBay founder Pierre Omidyar will be publishing. Photo by Tanner Aulie**

Look Media wrote on his website, Press Think.

First Look Media will consist of several separate but intersecting entities. One entity will house the journalism operation and it will be registered as a nonprofit under U.S. law. As a nonprofit, Omidyar hopes quality journalism will thrive, as journalists will have the freedom to report without having to answer to profit-driven shareholders.

Omidyar is considering several revenue sources to ensure the Intercept and all other publications following it are self-sustaining. One option is a profit-seeking company specifically focused on technology for producing, distributing and consuming news, views and information. Any profits generated by this company would go toward supporting independent journalism.

But Paul Dechene of the Regina alternative news magazine Prairie Dog is skeptical. "Everything winds up being

compromised," he said, adding he is "not optimistic at all" for the success of the Intercept and the other media produced by First Look Media.

But he said the fact that it is a nonprofit means there are no shareholders, which is good because "shareholders ... don't care if the product is necessarily fulfilling the ideals (of the publication) just as long as they are fulfilling the bottom line."

Derrick O'Keefe, former editor of Rabble.ca said the idea of First Look Media "is all very encouraging" but he shares in Dechene's skepticism to an extent. "There are legitimate concerns about (Omidyar's) political and economic interests and how that might influence the new publication," he said. But, it is "an exciting development because of the journalists who have signed on," he said.

These journalists include former Guardian journalist and multiple best-selling author Glen Greenwald, 2012 MacArthur Fellow documentary maker Laura

Poitras, and former Nation journalist and international best-selling author Jeremy Scahill. Greenwald and Poitras also were the ones to publish Edward Snowden's documents and exposed the scale of domestic surveillance under Obama, which is why the Intercept's first few publications will be surrounding the National Security Agency (NSA).

"I don't think people of this caliber are going to sign on if they're not guaranteed to have a lot of independence about what they can write about," O'Keefe said.

The Intercept is just the first of several online magazines that will be published under First Look Media. According to First Look Media's website, each magazine will be focused on a specific topic, have its own editorial voice and will be headed by an experienced journalist. Matt Taibbi's, a former Rolling Stone contributor with a formidable reputation for coverage of the global financial crisis, will be the editor of the next publication due out later this year.

## What are you expecting in the provincial budget?



"Doing something with resource royalties and getting a fair share for the people of Saskatchewan"  
- John Miller



"I'm very involved with university choir. They couldn't afford an accompanist ... things like that."  
- Alyssa Depape



"Something that benefits the international students"  
- Jose Loyola



"I'd like to see more for senior care. I know there are a lot of problems there."  
- Aaron Fitzler